



Mental Wellness Support

Are you in Crisis?



If you are experiencing a mental health or addictions related crisis:

RURAL SERVICES

- Portage Family Abuse Prevention Centre 1-204-239-5233 open for business.
- YMCA women's shelter 1-204-727-3644 open for business
- Brandon area- Mary's House 1-204-727-1268 open business as usual. Basic Covid screening.
- Alpha house 1-204-982-2011 open
- Manitoba government [Stop the Violence program](#): Toll-free: 1-888-987-2829.
- Willow Place Crisis 204-615-0311 OR 1-877-977-0007.shelter open business as usual.
- Provincial crisis line: 1-877-977-0007.
- Manitoba Suicide Line 1-877-435-7170
- Seneca House 204-231-0217
- Mood Disorders Association 204-786-786-0987
- Anxiety Disorders Association 204-925-0600
- Schizophrenia Society of Manitoba 204-786-1616
- Health Links 204-788-8200 - 1-888-315-9257
- Family Doctor Connection 204-786-7111
- Addictions Foundation of Manitoba 204-944-6200
- Employment & income Assistance 204-948-4000
- After hours Emergencies 204-945 0183

DAKOTA OJIBWAY CHILD AND FAMILY SERVICES ADMINISTRATIVE OFFICE

Phone: 204-834-2323 | Fax: 204-834-2306 | Toll Free: 1-877-508-8289 | After Hours: 1-800-263-6237

Email: docfsreception@docfs.org | Website: www.docfs.org





URBAN SERVICES

- Youth Emergency Crisis Stabilization System 204-949- 4777 or 1-888-383-2776
- North End Women's Centre: Available by phone, online, groups of three or less inside.
- West Central Women's Resource Centre: Appointment only for laundry, showers, crisis support. Urgent visits only. Bag lunches and dinners at door.
- North Point Douglas Women's Centre: Food/coffee/hygiene pickup, visits of 10 minutes or less, five people inside at a time.
- Sage House (Mount Carmel Clinic): Drop in counselling cancelled. Snacks and hygiene available for pickup at door.
- Wahbung Abinoonjiiag Inc.: Temporarily closed, available over social media and phone.
- CMHA Winnipeg Phone line 204-982-6100
- Ikwe Widdjiitiwin: Toll-free: 1-800-362-3344. Over the phone assessment
- Willow place 1-204-615-0313 open basic Covid assessment.
- WRHA Mobile Crisis Services 204-940-1781
- TTY Deaf Access Line 204-779-8902
- WRHA Crisis Stabilization Unit 204-940-3633
- TTY Deaf Access Line 204-957-7101
- Klinik Crisis Line 204-786-8686
- Klinik Sexual Assault Line 204-786-8631



Mental Wellness Support



6 Ways to Keep Your Anxiety from Taking Over

These are times when there is a lot of uncertainty and change. It is natural to feel anxious about COVID-19 and worried about what the future holds. However, it is important to respond to your anxiety and stop it from overwhelming you:

Create Structure: Build structure in your day and establish a routine. Having activities and plans to focus on will reduce anxious thoughts. Plan meals for specific times and keep a healthy sleeping routine.

Manage Environment: If your environment is out of control, you will feel out of control. When your environment feels tidy and organized you will feel more positive and prepared.

Do not forget about Self-Care: Building in self-care such as exercise, meditation, laughing, getting fresh air, and alone time. Even a 10-minute walk or making yourself a cup of coffee can calm your nerves. Drink lots of water and eat nutritiously.

Pep talks: You can give these to yourself or you can reach out to a trusted confidant. The key is to find positive perspectives to reach past your anxiety. Positive self-talk and encouragement can help keep us moving forward.

Label your anxiety: Sometimes noting what makes you anxious and acknowledging it can help calm you. When we identify our emotions we can accept them and remind ourselves anxiety is normal during stressful times.

Remembering you're not alone: Think about friends and family and what you can do to help or support them. As well, ask for assistance and support that you may also need.